

HERBAL  WELL

# P M S DETECTOR CHART

Hi I'm Sulin and I'm a womens naturopath and herbalist. I provide natural treatment solutions for hormonal conditions that typically affect mood, weight, skin and fertility. I've helped countless women to understand the causes of their hormone imbalance and to treat their symptoms in a range of endocrine conditions, especially PCOS (Polycystic Ovarian Syndrome), Premenstrual Syndrome (PMS), Natural Fertility and Perimenopause. I work with women of all ages from the first great hormonal events when menstruation begins, through to the last bleed and transition to menopause. What I've found over the years in clinical practice, is that every woman has a unique body composition, family history and health needs. I use functional testing to inform my treatment protocols which are typically a combination of dietary guidance, herbal and nutritional support.

This chart is designed to identify which type/s of Premenstrual Syndrome (PMS) you may be suffering from. Each day of the cycle, note any of the symptoms you experience and mark the boxes relevant for that day. At the end of the cycle before your next bleed begins you can book a consultation with me to get a tailored protocol to treat your PMS and normalise your cycles. Head to [www.herbalwell.com.au](http://www.herbalwell.com.au) for more information and to book in.

Love + Light,

*xo Sulin*



Sulin Sze ~ HERBALWELL

Womens Hormone Naturopath

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# PMS Detector Chart

Please complete this chart by marking (or rating) any symptoms that you experience throughout your cycle. Add the date in underneath the relevant day of your cycle.

~ Month: \_\_\_\_\_

~ Day of Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42											
Date {Day of Month}																																																					
Mood swings ~ { L/M/H }																																																					
Anxiety ~ { L/M/H }																																																					
Irritability ~ { L/M/H }																																																					
Underlying sense of tension																																																					
Puffy face/body ~ { L/M/H }																																																					
Swelling ~ ankles/feet																																																					
Weight gain ~ { L/M/H }																																																					
Breast tenderness ~ { L/M/H }																																																					
Abdominal bloating ~ L/M/H }																																																					
Sweet cravings ~ { L/M/H }																																																					
Increased appetite ~ { L/M/H }																																																					
Low energy/fatigue																																																					
Headache ~ { L/M/H }																																																					
Dizziness ~ { L/M/H }																																																					
Pounding heart ~ { L/M/H }																																																					
Weeping/crying ~ { L/M/H }																																																					
Depression/Flat ~ { L/M/H }																																																					
Insomnia ~ { L/M/H }																																																					
Abdominal cramps ~ { L/M/H }																																																					
Backache ~ { L/M/H }																																																					